

PERSONALIZED SAFETY PLAN

Name: _____

Date: _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get my children and myself to safety.

STEP 1:

SAFETY DURING A VIOLENT INCIDENT

Victims cannot always avoid violent incidents. In order to increase safety, battered victims may use a variety of strategies.

I can use some or all of the following strategies:

If I decide to leave, I will _____. (Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?) I can keep my money and car keys ready and put them (PLACE) _____ in order to leave quickly.

I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house. I can teach my children how to use the telephone to contact the police and the fire department.

I will use _____ as my code for my children or friends so they can call for help.

If I have to leave my home, I will go _____. (Decide this even if you don't think there will be a next time.) If I cannot go to the location above, then I can go to _____ or _____.

I can also teach some of these strategies to some/all of my children.

When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door.)

I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

STEP 2:
SAFETY WHEN PREPARING TO LEAVE

Battered victims frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a battered victim is leaving the relationship.

I can use some or all of the following safety strategies:

I will leave money and an extras set of keys with _____ so that I can leave quickly. I will keep copies of important documents or keys at _____.

I will open a savings account by _____, to increase my independence.

Other things I can do to increase my independence include _____, and _____.

Call the YWCA Domestic Violence Intervention & Prevention Program's hot line number at (765) 423-1118 or TOLL FREE AT (888) 345-1118. I can seek shelter and domestic violence information by calling this hot line

I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my batterer those numbers that I called after I have left. To keep my telephone communication confidential, I must either use coins or I might get a friend to permit me to use their telephone credit card for a limited time when I first leave or I can get my own phone card.

I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.

I can leave extra clothes with _____.

I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence. _____ (a domestic violence advocate or friend) has agreed to help me review this plan.

I will rehearse my escape plan and, as appropriate, practice it with my children.

I can get a free 911 cell phone from the YWCA-DVIPP at (765) 423-1118 or the Tippecanoe County Prosecutor's, Victims Assistance Program at (765) 423-9305 or TOLL FREE AT (877) 749-9111.

STEP 3:

SAFETY IN MY OWN RESIDENCE

There are many things victims can do to increase their safety in their own residence, It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

I can change the locks on my doors and windows as soon as possible I can replace wooden doors with steel/metal doors.

I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.

I can purchase rope ladders to be used for escape from second floor windows.

I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.

I can install an outside lighting system that lights up when a person is coming close to my house.

I will teach my children how to use the telephone to make collect call to me and to _____ (friend, minister or other) in the event that my partner takes the children.

I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

_____ School

_____ Daycare

_____ Babysitter

_____ Sunday school teacher

_____ Teacher

_____ Other

I can inform: Neighbors _____

Pastors _____

Friends _____

that my partner no longer resides with me and they should call the police if he is observed near my residence.

STEP 4:

SAFETY WITH AN ORDER OF PROTECTION

Many batterers obey protection orders, but one can never be sure which violent partner will obey and which violate the protective order. I recognize that I may need to ask the police and the court to enforce my protection order.

The following are some steps that I can take to help the enforcement of my protection order:

I will keep my protection order _____ and always keep it on or near me. I will give my protection order to the police departments in the communities where I usually visit family and friends and in the community where I live. There should be a county registry of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is in the registry. The telephone number for the county registry of protection orders is _____.

For further safety, if I often visit other counties in Indiana I might register my protective order with those counties. I will register my protection order in the following counties: _____ and _____ that I have a protection order in effect.

I will inform my employer, my minister, my closest friend and _____ and _____ that I have a protective order in effect.

If my partner destroys my protection order, I can get another copy from the County Courthouse by going to Superior Court II office on the 4th floor of the courthouse or contacting the Victim Assistance Program at the Prosecutor's Office.

If my partner violates the protection order, I will call the police and report a violation, contact my attorney, call my advocate at the Prosecutor's Office, and/or advise the court of the violation.

If the police do not make an arrest, I can contact my advocate at the Prosecutor's Office or my attorney. I can make the complaint about the violation and the Prosecutor's Office will look at it to see if they can file charges. Be sure to report all violations to the police.

STEP 5:

SAFETY ON THE JOB

Each battered victim must decide if and when he/she will tell others that their partner has battered them and that he/she may be at continued risk. Friends, family and co-workers can help to protect victims. Each victim should consider carefully which people to invite to help secure his/her safety.

I can inform my boss, the security supervisor and _____ at work of my situation. I can ask _____ to help screen my telephone calls at work.

When leaving work, I can _____.

When driving home, if a problem occurs, I can _____. If I use public transportation, I can _____.

I will go to different grocery stores and shopping malls to conduct my business and shop at hours different than those when residing with my battered partner. I can use a different bank and take care of my banking at hours different from those I used when residing with my battered partner.

I can also _____.

STEP 6:

SAFETY AND DRUG OR ALCOHOL USE

Most people in this culture use alcohol. Many use mood-altering drugs. Much of this use is legal and some is not. The legal outcome of using illegal drugs can be very hard on a battered victim, may hurt his/her relationship with their children and put him/her at a disadvantage in other legal actions with the battering partner. Therefore, victims should carefully consider the potential cost of the use of illegal drugs or alcohol. But beyond this, the use of any alcohol or other drugs can reduce a victim's awareness and the ability to act quickly to protect themselves from the battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him/her an excuse to use violence.

Therefore, in the context of drugs or alcohol use, a victim needs to make a specific safety plan.

If drugs or alcohol use has occurred in my relationship with the battering partner, I can enhance my safety by some or all of the following:

I can _____.

If my partner is using, I can _____.

To safeguard my children, I might

STEP 7

SAFETY AND MY EMOTIONAL HEALTH

The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

* If I feel down and ready to return to a potential abusive situation, I can
_____.

* When I have to communicate with my partner or by telephone, I can
_____.

* I can try to use _____.

* I can tell myself _____, whenever I feel others are trying to control or abuse me.

* I can read _____ to help me feel stronger.

* I can call _____ or _____ as other resources to be of support to me.

* Other things I can do to help me feel stronger are _____ and
_____.

* I can attend workshops and support groups at the Domestic Violence Program or _____ or _____ to gain support and strengthen my relationship with other people.

WHEN I LEAVE, I SHOULD TAKE:

(IF NOT AN EMERGENCY)

- * Identification for myself
- * Children's birth certificate
- * My birth certificate
- * Social security card
- * School and vaccine records
- * Money
- * Checkbook
- * Automatic teller card (ATM)
- * Credit cards
- * Keys- house, car and office
- * Driver's license and registration
- * Medications
- * Welfare identification
- * Work permits
- * Green cards
- * Passports
- * Divorce papers
- * Medical records
- * Lease or rental agreement
- * House deed and mortgage payment book
- * Bank book
- * Insurance papers
- * Address book
- * Children's favorite toy or blanket